

DAILY ACTIVITY SCHEDULE

MONDAY:		THURSDAY:	
9:00am	Cribbage	9:00am	Cribbage
10:00am	Strength Training w/ Lori (formally chair exercise)	9:30am	Ceramics
10:00am	Knitting & Crocheting	10:00am	Blood Pressure/Glucose Screening 1st Thursday of the month
10:00am	Tai Chi with Ritch Ryan (Memorial Hall) \$2/per class		
1:00pm	Art Class with Cindy Ferus \$2/per class	11:00am	Chair Massage with Brenda Thibeault, LMT \$5/for 10 minutes every other Thursday
4:30pm	Gentle Yoga with Mary Watson (except 1st Monday \$2/per class	11:00am	Friends of Monson Seniors Meeting - Various Locations 2nd Tuesday of the month
7:00pm	Monson Garden Club (1st Monday of the month)	11:30am	Lunch Bunch - Various Restaurant Locations 2nd Tuesday of the month
TUESDAY:		1:00pm	Quilting Group
8:00am to 2:30pm	Foot Care with Pat O'Brien, RN \$29 for 1/2 hour visit 1st Tuesday of month by appointment	6:00pm	Woodwackers Group
9:00am	Cribbage	FRIDAY:	
9-10am	Monson Savings Bank* (2nd Tuesday of month)	9:00am	Cribbage
9:30am to 2:30pm	Table Massage with Brenda Thibeault, LMT \$25/30 minutes one Tuesday per month by appointment	10:00am	Strength Training w/ Lori (formally chair exercise)
10:00am	Richard Simmons "Sweatin' to the Oldies" every other Tuesday	12:30pm	Wii Bowling
11:00am to 12:30pm	Reiki with Janice Muldrew \$10 for 15 minutes 2nd Tuesday of the month by appointment	6:00pm	Pitch Night - 2nd & 4th Friday
10:00am to 11:40am	Reflexology with Dawn Dietrich \$10 per 15 minute 3rd Tuesday of the month by appointment	SPECIAL EVENTS THIS MONTH Please see newsletter for details. December 4 - Lunch at The Barracks December 5 - Christmas Card Making Class December 11 - Social Security Speaker Presentation December 12 - Hand Paraffin Wax Treatment December 18 - Christmas Dinner 11:15am December 20 - Special Birthday Party for seniors 90 years or older December 24 - Elf on a Shelf Continental Breakfast 9:00am	
12:00pm	Birthday Party - 2nd Tuesday of the month		
12:30pm	Canasta		
12:30pm	Craft & Paint w/Sunshine Village (1st Tues of the month)		
4:00pm	Caregivers Support Group with Niki December date to be announced.		
WEDNESDAY:		CANCELLATIONS FOR DECEMBER Closed Christmas Day - all activities cancelled No Strength Training December 18, 20 No Canasta December 24 & 31 No Sweating to the Oldies December 31	
9:00am	Cribbage		
10:00am	Strength Training w/ Lori (formally chair exercise)		
1:00pm	Afternoon Movie 4th Wednesday of the Month		
6:00pm	Crafts & Laughs		

6:00pm	Card Making Class - 1st Wednesday of the month
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No Afternoon Movie in December

* new activity